

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What is Nutrition and Dietetics?
2. What types of foods prevent non-communicable diseases?
3. Classify fat and water-soluble vitamins.
4. Write the normal blood glucose level range and give its significance.
5. Differentiate functional food from nutraceuticals.
6. How do you calculate BMI and provide the interpretation chart?
7. What are the examples of food adulteration?
8. How do phenolics act as antioxidants?
9. Why are minerals important for the body?
10. When should a baby start eating solid foods?





SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) What are non-communicable diseases? Give an example.

Or

- (b) Discuss malnutrition and its types.

12. (a) Describe the sources, functions, and manifestations of vitamin D deficiency.

Or

- (b) Discuss the functions of carbohydrates in human systems.

13. (a) Differentiate BMR and RMR.

Or

- (b) Explain the factors affecting BMR in human systems.

14. (a) What are natural preservatives and explain with examples?

Or

- (b) Explain the nutritional significance of eggs in human systems.

15. (a) Illustrate the dietary pattern for infants.

Or

- (b) Differentiate general nutrition from optimum nutrition.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Discuss the role of water and dietary fiber in human systems.

17. Explain the different types, causative factors and clinical manifestations of malnutrition.

18. Discuss BMR and its importance in human systems.

19. Why are food groups important? Discuss their role in human systems.

20. Discuss the proper dietary pattern for an average adult woman.

